

## 54321 Grounding PDF

1. Look around and name five things you can see. Try to focus on small details and describe them in your mind.
2. Pay attention to four things you can physically feel. It could be the texture of an object, the temperature of the air, or the sensation of your feet on the ground.
3. Listen closely and identify three sounds you can hear. These could be nearby or in the distance, like the hum of a machine, birds chirping, or the sound of traffic.
4. Notice two things you can smell. It could be the scent of flowers, food cooking, or even something as simple as the smell of fresh air.
5. Finally, focus on one thing you can taste. Take a sip of water, tea, or slowly savor something you enjoy eating.

By engaging your senses in this way, you bring your attention to the present moment and help ground yourself in reality.

### **5-4-3-2-1 Method:**

Identify and name:

- **Five** things you can **see** around you.
- **Four** things you can physically **feel**.
- **Three** sounds you can **hear**.
- **Two** things you can **smell**.
- **One** thing you can **taste**.